

ONTARIO D CAMPS MEDICAL UPDATE FORM

Please bring this form on the first day of camp - DO NOT MAIL (Banting, Discovery and Huronda)

Last name:	First name:	
Contagious diseases: I confirm that my child has not been in contact with or had any communicable disease in the 10 days before camp unless noted here → <i>eg. chicken pox, head lice, diarrhea, impetigo, strep throat, etc</i>		Illness / exposure:
_____	_____	
Signature of Parent/Guardian	Date	

Child's brands of insulin and at which meals	Breakfast	Lunch	Dinner	Bedtime
<input type="checkbox"/> Lantus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Levemir <input type="checkbox"/> Apidra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Humulin-N <input type="checkbox"/> Toujeo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Humalog <input type="checkbox"/> Tresiba	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> NovoRapid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Injector insulin-to-carbohydrate ratio(s) for carb counting:	Breakfast	Lunch	Dinner	Bedtime
1 unit for # grams carbs:	1: _____ g	1: _____ g	1: _____ g	1: _____ g

Correction factor (ISF)	Sliding Scale for rapid insulin corrections (if used)				
	Blood sugar	Breakfast	Lunch	Dinner	Bedtime
1 unit of rapid insulin lowers blood sugar by _____ mmol/L					

For Pumpers: Create a new (duplicate) basal pattern for camp use using same times and rates	
Camp pattern name: _____	Date of last site change: _____

Record blood sugars, carb amounts, and insulin doses given during the week prior to camp												
Prior to arrival	Breakfast			Lunch			Dinner			Bedtime		
	Sugar	Carbs	Insulin	Sugar	Carbs	Insulin	Sugar	Carbs	Insulin	Sugar	Carbs	Insulin
5 days before camp												
4 days before camp												
3 days before camp												
2 days before camp												
Day before camp												
Day of camp							At camp					
Comments:												